

**Amendment to portions of the specification.**

On page 3 in line 19, delete the website citation "www.sportsdepot.com" and insert the address "160 08 Crossbay Blvd, Howard Beach NY 11414 "

Football players, especially quarterbacks, wear a "Wrist Coach" on the forearm having coded information for specific sequence of plays or defense/offense schemes for use during the game. No watch is associated with the band nor is the "Wrist Coach" intended to provide prescribed exercise routines to be recorded as complete workouts. The "Wrist Coach" is available at sports stores throughout the country and from Sports Depot at ~~www.sportsdepot.com~~ 160 08 Crossbay Blvd, Howard Beach NY 11414.

On page 3 in line 24-25, delete the sentence containing the website citation "www.paceband.com" and insert the sentence "This wrist band may be ordered from Darris Blackford at 61 W. Henderson Rd., Columbus, Ohio 43214."

Finally, it is known to provide an individual wrist band having specific split times for marathon training. Thirty-three different running paces are provided, each on a separate band. No watch is associated with any of these individual wrist bands though it is obvious that a separate watch would be required to check the split times. Additionally, there is no prescribed exercise routine intended to be recorded as a complete workout. ~~{For instance, see the website of Darris Blackford at http://www.paceband.com}~~ This wrist band may be ordered from Darris Blackford at 61 W. Henderson Rd., Columbus, Ohio 43214.

In the paragraph beginning on page 13 at line 17, please delete the portion of the sentence on page 14 at the end of line 15 extending into line 16 stating ". . . such as www.grizzlyfitness.com or www.fit-senior.com . . ."

Referring also to Fig. 3, exercise aid 10 may have means 14 for carrying timepiece 12 having timepiece 12 affixed to exterior surface 21 of second sleeve 22, second sleeve 22 then telescopically disposed upon wrist band 11 adjacent pocket 17. For instance, as shown in Fig. 3, means 14 for carrying timepiece 12 may comprise a timepiece 12 such as a stop watch or alarm watch affixed to exterior surface 21 of a second separate sleeve 22 wherein second separate sleeve 22 is adapted to be telescopically disposed upon wrist band 11. In this embodiment, second separate sleeve 22 has a passage 35 passing therethrough, passage 35 adapted to receive wrist band 11

therein such that timepiece 12 may be disposed adjacent first separate sleeve 20 having means 16 for displaying thereon. Second separate sleeve 22 is preferably made of leather, leather like material, split cowhide, nylon, cotton webbing, neoprene, vinyl or other flexible material formed into a complete loop having passage 35 therethrough, though second separate sleeve 22 may be closeable about wrist band 11 in a manner similar to a closeable sleeve described for first separate sleeve 20. Timepiece 12 is affixed to second separate sleeve 22 such that timepiece 12 may be readily viewed by the wearer of exercise aid 10. Fig. 3 shows timepiece 12 disposed transverse second separate sleeve 22 though, of course, the placement and orientation of timepiece 12 depend primarily upon the location of access and control buttons 37 and the orientation of the numerals on the watch face 36 such that viewing is possible without rotating the wrist or elevating the forearm to an unusual position. In this manner, as shown in Fig. 7, first separate sleeve 20 and second separate sleeve 22 may be disposed upon a weightlifter's wrist support band thus utilizing the wrist support band as wrist band 11 wherein means 14 for carrying timepiece 12 and means 15 for carrying exercise card 13 may be positioned upon wrist band 11 for the comfort of the user without sacrificing support to the wrist. In Fig. 7, means 15 for carrying exercise card 13 is shown disposed substantially adjacent means 14 for carrying timepiece 12 upon wrist band 11, however it is to be fully understood that means 15 for carrying exercise card 13 may be disposed remote from means 14 for carrying timepiece 12. Various wrist straps used in weightlifting are available at sporting goods stores or at on-line sites[~~such as [www.grizzlyfitness.com](http://www.grizzlyfitness.com) or [www.fit-senior.com](http://www.fit-senior.com)~~]. These wrist straps usable as wrist band 11 may comprise power lifting straps of woven cotton duck, lifting hook straps with hook and loop fasteners adapted to close an open-ended strap about the wrist, leather straps with various closures, flexible, soft neoprene wrist straps generally closeable with hook and loop fasteners, woven nylon or cotton strapping having a cinching strap affixed thereto the cinching strap having a hook and loop fasteners adapted to be passed through a cinch buckle on one end of the woven strap and close the open ended cinching strap about the wrist, sport tape or the like. The various wrist straps usable for wrist band 11 may further have soft pads disposed on the inside surface thereof to provide comfort to the wrist of the user. When using an open-ended strap for wrist band 11, first sleeve 20 for means 15 for carrying exercise card 13 and second sleeve 22 for means 14 for carrying timepiece 12 may be adjusted by the user to a position for comfort and ease of viewing.

In the paragraph beginning on page 18 at line 17, please delete the portion of the

sentence on page 19 in line 6 after the words "... Sport Coach at ..." and insert in the place thereof "... the website of Brian Mackenzie."

Though the portable apparatus or exercise aid 10 and method herein has been described as applicable to a weightlifting workout, the method and apparatus 10 are equally applicable to other exercise routines 26. For instance, a trainer may prepare a deck 29 of cards personalized for each patient under the care of the trainer and thereafter track the progress of the patient merely by recording the number, indicator or exercise card name on the patient's record. Using the exercise aid 10 and method of this invention provides the trainer with ample time to assist multiple patients during the course of each patient's exercise routine 26 by merely consulting the exercise aid 10 worn by the patient requiring assistance. It is readily apparent here that the trainer may create multiple exercise cards 13 having exercise routines 26 thereon for all levels of conditioning, endurance, ability, age or physical limitation, each deck 29 of cards 13 customized for specific patients yet wherein individual cards from a deck 29 previously used for one patient may be inserted into another deck 29 to create yet another specific set of exercise routines 26. Of course, one deck 29 having a particular set of exercise routines 26 therein may be used for the same course of rehabilitation, conditioning or fitness for multiple patients wherein scheduling of these patients at different times would be beneficial. Preferably, individual exercise cards 13 are prepared by a trainer, however, these cards may have established workout routines 26 such as available from Sport Coach at the website of Brian Mackenzie[[www.brianmac.demon.co.uk](http://www.brianmac.demon.co.uk)]. Preferably also, individual exercise cards 13 are laminated with a moisture impervious laminate upon completion of exercise routines 26 and directions 45 on faces 27, 28 thereof.

Complete set of claims showing deletions and additions in amended claims.

Deletions are enclosed in brackets with a strikethrough line through the respective deletions while insertions are shown underlined, the language remaining from the original specification ~~and/or~~ previous amendments shown in regular type. Claim version identifier markings are enclosed in parentheses. (original)

1. (original) An exercise aid comprises a wrist band, a timepiece and at least ~~one~~ exercise routine card, said wrist band having means for carrying said timepiece, means for carrying said exercise routine card and means for displaying said exercise routine card.
2. (original) An exercise aid as in claim 1 wherein said wrist band is an elastic ~~sleeve~~ adapted to be telescopically received over the hand of an user and disposed about the wrist of said user.
3. (previously amended) An exercise aid as in claim 1 wherein said means for carrying said exercise card comprises a pocket affixed to an exterior surface of said wrist band.
4. (original) An exercise aid as in claim 2 wherein said timepiece is removably ~~affixed~~ to an exterior surface of said elastic wrist band.
5. (original) An exercise aid as in claim 3 wherein said means for carrying said timepiece is provided on said exterior surface of said wrist band substantially opposite said pocket wherein said means for carrying said exercise card is displayed toward an user of said exercise aid when said user's wrist is in a palm up orientation and said means for carrying said timepiece is displayed toward said user when said user's wrist is oriented palm down.
6. (original) An exercise aid as in claim 4 wherein said means for carrying said timepiece comprises a hook portion of a hook and loop fastener affixed on one surface at opposed ends of a watch strap wherein said hook portion is pressed into engagement with said exterior surface of said wrist band.
7. (original) An exercise aid as in claim 3 wherein said pocket has an opening on at least one marginal edge thereof for telescopically receiving said exercise routine card therein.
8. (original) An exercise aid as in claim 7 wherein said pocket has a transparent covering on the exposed face thereof for viewing said exercise routine card therethrough.
- ~~9. (cancelled) An exercise aid as in claim 1 wherein said exercise routine card has one exercise routine displayed on one face thereof and another exercise routine displayed on the opposite face thereof.~~

10. (original) In combination, a wrist strap, a timepiece, a data card and means for displaying said data card, said timepiece associated with said wrist strap, said means for displaying comprising a pocket associated with said wrist strap, said data card comprising at least one workout routine disposed on at least one side of said data card, said wristband having said pocket disposed thereon wherein said pocket is adapted to receive said at least one said data card telescopically therein, said pocket further having a display window arranged therein wherein one face of said at least one said data card is observable through said window.

~~{11. (original) A combination as in claim 10 wherein said one face of said data card has a specific weightlifting exercise routine printed thereon.}~~

~~{12. (original) A combination as in claim 11 wherein said one said data card has identifying data for said specific weightlifting exercise routine printed on a face opposite said one face.}~~

~~{13. (original) A combination as in claim 11 wherein said one said data card has the same specific weightlifting exercise routine printed on said one face and on said face opposite said one face.}~~

14. (original) A method for displaying a weightlifting workout comprising the steps of providing a portable apparatus having a pocket therein, providing a plurality of workout cards, providing a query instruction on an inside surface of said pocket, providing directions on said query instruction, providing a multiplicity of workout routines, providing query instructions on said multiplicity of workout routines wherein said pocket is adapted to receive at least one of said plurality of workout cards therein.

15. (original) A method of displaying a weightlifting workout as in claim 14 wherein said query instruction is observable through a window disposed in one wall of said pocket.

16. (original) A method of displaying a weightlifting workout as in claim 15 wherein said directions prompt a user to insert a first one of said workout cards in said pocket.

17. (original) A method of displaying a weightlifting workout as in claim 16 wherein said first one of said workout cards directs said user to remove said first one of said workout cards at the completion of the workout routine displayed thereon and further directs said user to insert a second one of said workout cards in said pocket.

18. (original) A method of displaying a weightlifting workout as in claim 16 wherein a first side of said first one of said workout cards directs said user to remove said first one of said

workout cards at the completion of the workout routine displayed on said first side, directs said user to invert said first one of said workout cards and further directs said user to reinsert said inverted first one of said workout cards into said pocket thereby displaying a side opposite said first side.

19. (original) A method of displaying a weightlifting workout as in claim 18 wherein said side opposite said first side of said first one of said workout cards has a continuation of said exercise routine disposed thereon.

20. (original) A method of displaying a weightlifting workout as in claim 18 wherein said side opposite said first side of said first one of said workout cards has another exercise routine disposed thereon.

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